

THANK YOU!

Thank you for attending the safety meeting on the topic of **ERGONOMICS.
As a reminder, here is the material we covered.**

Ergonomics and injuries

What do these work sectors have in common: nursing homes, auto production, baggage handling, parcel delivery and meat or poultry packing?

They have the highest rates of ergonomics-related injuries, which you also might hear referred to as repetitive stress and repetitive motion injuries.

Ergonomics is the applied science of equipment design and arrangement, intended to maximize productivity by reducing operator fatigue and discomfort. Injuries related to ergonomics are those caused by overuse, impact, vibration, repetition and forceful exertion. Largely injuries of the musculoskeletal systems of the body, these injuries include carpal tunnel syndrome, bursitis, tenosynovitis, tendinitis and others. These problems affect the muscles, ligaments and tendons as well as the nerves and blood vessels.

Ergonomics-related injuries can be reduced by improvements in equipment and work practices. An example is work in a nursing home, where an employee is more likely to be injured than is a worker in a coal mine or steel mill. The most common injury for a nursing home

worker is back injury caused by lifting patients. These injuries can be reduced significantly by use of mechanical lifting and transfer devices for moving patients in and out of beds and chairs.

Meat-packing is another industry with a large number of strain injuries caused by the repeated motions of reaching, lifting and cutting, and made worse by a cold work environment which slows blood circulation and increases risk of such injuries.

No occupation is exempt from the possibility of ergonomics-related injury. Office jobs can lead to neck, back, wrist and hand injuries caused by repetitive work done in awkward or static postures.

How can you protect yourself against ergonomics-related injury?

- Pay attention to how you do your job. Be aware of long reaches for materials, repetitive motions and twisting movements while carrying an object.
- Arrange your workstation for the best placement of tools and supplies. Things you use frequently should be within easy reach. Infrequently-used items should be stored out of your way.

- Use mechanical equipment for lifting and moving items whenever possible. An electrical lift table and a hand cart can save your back. Talk to your supervisor if you see a need for this equipment.
- Use good posture. Sit, stand and walk with your back relatively straight, while maintaining the natural curves at the neck and lower back.
- Move around while you work in a sitting or standing position. Shift frequently in your chair and rest one foot and then the other on a stool or a footrest bar.
- Stay comfortably warm. When your work environment is cold, wear gloves if you can do so without the risk of getting tangled in moving equipment.
- Lift safely by bending your knees instead of your back.

Give some thought to how you can improve your workstation and your work routines to prevent musculoskeletal injuries.

